

INSTRUCTIONS: What You Need to Know and Do Before an Emergency

<i>Section of the Form</i>	<i>Instructions</i>
To Keep Me Healthy, <u>Do</u> the Following	This section of the form is a quick reminder of key treatments or activities that must be done on a regular basis to keep your child as healthy as possible, e.g. medications, treatments, monitoring activities, repositioning, etc. Think of this as a “DO” list.
To Keep Me Healthy, Remember	This section of the form should list everything that you SHOULD NOT DO or should avoid in order to keep your child healthy, including allergies, activities that might trigger symptoms, etc. Think of this as a “DON’T” list.
People You Need to Contact <u>Before</u> an Emergency	The individuals/organizations/companies listed in this section are those that provide essential services for your child and family. Many of them may actually be called upon to provide services or respond at the time of an emergency with your child. It is very important that you identify them and develop a relationship with them before an emergency occurs with your child, so they can provide the best possible emergency service. It is also important that you know how to contact them, 24 hours a day, 7 days a week.
When You Need Help	You need to think in advance of the supports you will need should an emergency occur with your child. List people in each section as well as telephone numbers so that you can contact them easily when you need them.